

*a/c* *Sub C* >

10. The therapeutic preparation according to claim 9, which is a drug.

11. The therapeutic preparation according to claim 9, which is a nutritional supplement.

12. The therapeutic preparation according to claim 11, which has the form of a food stuff comprising one or more additional creatine compounds.

13. A method for the prevention or treatment of muscle disuse syndrome in an animal or human for which such prevention or treatment is indicated, comprising administering a creatine compound in unit dosage form in an amount effective to treat said muscle disuse syndrome.

14. The method according to claim 13, wherein said creatine compound is creatine.

15. The method according to claim 13, wherein said creatine compound is a creatine analogue.

16. The method according to claim 13, wherein the animal or human to be treated need not in addition perform a training programme to increase muscle volume and muscle functional capacity.

*A1  
Contd* *Sub  
C2* >

17. The method according to claim 13, wherein said creatine compound in unit dosage form is administered in an amount that leads to a total daily supplementation of 0.5 to 5 g creatine.

18. The method according to claim 13, wherein said muscle disuse syndrome is the result of reduced physical activity due to immobilization, disease, aging or handicap.

**IN THE ABSTRACT:**

After the claims, please insert a page containing the Abstract Of The Disclosure, which is attached hereto as a separately typed page.

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